ACTIVITY REPORT

Name of the activity	Emotional Intelligence	**Date**	10th Aug,2021
Name of the Coordinator(s)	Dr. Rashmi Aggarwal	**Time**	3:00 pm (IST)
Name of the Resource Person	Dr Gurleen Kaur Sawhney	**Mode**	Virtual through ZOOM
Nature of the activity	Counselling Session	**Program & Batch**	MBA, B. Com, BBA, BA Economics
Number of students participated	242	**Academic Session**	2021-22

About the Activity

Emotional Quotient refers to recognizing, understanding and managing your emotions, and influencing those of other people. Daniel Goldman popularized the concept of Emotional Intelligence EI in his book - Emotional Intelligence - Why it can matter more than IQ-he introduced the term Amygdala Hijack' 'Emotions are not always easy to control and sometimes control us, when Thinking part of the brain (prefrontal cortex) is overpowered by Emotional part of the brain (amygdala). This means person loses the ability to make Decisions. Dr. Gurleen Sawhney conveyed to avoid this. We need to increase EQ. An emotionally intelligent person strives to satisfy internal motivation. self-awareness, self-regulation employing empathy, social skills to deal with the world. Simple practical steps were discussed by Dr. Gurleen to work on different domains of EQ Emotional intelligence can lead to a fulfilled and happy life in Today's street-smart world. Recognizing emotions not only inside you but also inside others to have positive self Esteem and Success in life.

Activity objectives and Outcome achieved

S.No	Objectives	Outcomes
1.	To understand language of emotions.	It will empower the students by inculcating the right kind of skills as a response to contemporary situations.
2.	To be able to relate effectively to the colleagues.	To keep check on their emotions in a better way.
3.	To manage the behaviour at workplace.	Have a common vision among the team members.
4.	To manage emotional quotient.	It will help in making informed decision.
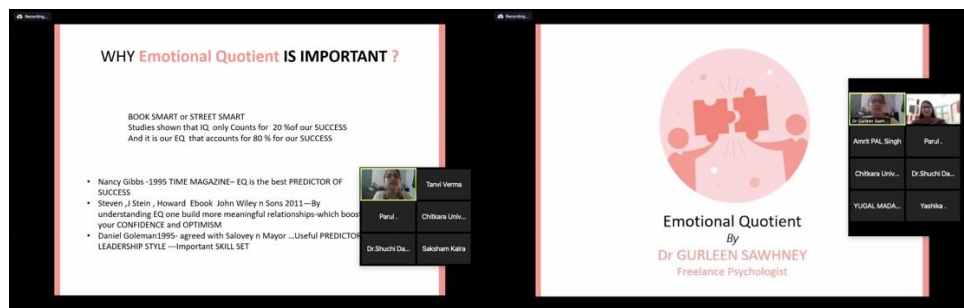
Dr. Gurleen Sawhney addressing the faculty and the students on how to manage their emotional quotient.